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Subject: 🌟🌟CLIMBING WEEK 9🌟🌟
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To: ClimbingTeam@princeton.edu ClimbingTeam@Princeton.EDU



HELLO CLIMBERS!

Congratulations to everyone who participated in the comp on Saturday!!!! Ur all incredible ❤️



Practices for the week of 11/13 (ONLY belay certified climbers):

Monday 8-10 pm: **Projecting** - work on routes that are difficult for you

Tuesday 4:30 - 6:30 pm: **Technique Tuesday**- idk what it is yet plz don't ask

Thursday 4:30 - 6:30 pm: **4x4s**- climb a route 4 times, repeat for 3 other routes

Saturday 9:30-11:30 am: **Projecting** - work on routes that are difficult for you

Green - Low Intensity

Yellow - Medium Intensity

Orange - Medium/High Intensity

Red - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the difficulty of the route is going to be.

idea of what the vibe of the practice is going to be.

Info on belay classes and open hours:

1. Attend a [learn-to-belay class](#)
2. Get belay tested + certified at any [Open Hours session](#).

Finally, if you are interested in participating in climbing team social events, please sign up for the [social listserv](#) (separate) on [this form](#).

You can also join our groupme at [this link](#)!

One last thing—after Tuesday/Thursday practices, we eat *team dinner* (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!

This week's birthdays 🥳🥳:

Jello Zhou (11/19)

PS: Add your birthdays here :)

[Climbing Team Birthdays](#)